**Course Guide to the Fourteen Modules  
Open Course Library General Psychology**

**Module 1: Introduction to Psychology as a Science**

**Textbook readings**

Myers Exploring Psychology, 8th ed. Chapter 1: Thinking Critically with Psychological Science

Griggs Psychology: A Brief Introduction**: Chapter 1 The Science of Psychology**

Stangor Introduction to Psychology, 1st ed.  
 Chapter 1: Introducing Psychology  
 Chapter 2: Psychological Science

**View lecture videos**

Discovering Psychology  
 #1 Psychology Past, Present, & Promise  
 #2 Understanding Research

Yale video: Lecture #1: Introduction

Other video and audio clips for streaming:

**Psych Portal video clips**

* Schacter’s affiliation experiment (7 min)
* Does self-confidence intimidate others? (3 ½ min)
* Ethics in animal research the sad case of Booee the chimp (5 min)
* Ethics in human research: violating one’s privacy (7 min)

**Scientific American Frontiers:**

* Tackling a killer disease
* Water, water everywhere
* Aliens have landed?

**NPR audio clips illustrating principles of scientific research:**

* All Things Considered, March 29, 2006 “Unorthodox Therapies in New Orleans” after Katrina.
* “The Family Dinner Deconstructed”, Morning Edition, Feb. 7, 2008 (7 min)
* “Autism & educational level of parents” All things Considered, Jan 6 2010

**Research topic assignment:** “Exploring Psychology on the APA web site” in the Module 1 folder

**Module 2:** **Neuroscience and Psychology**

**Textbook Readings:** Myers Chapter 2: The Biology of Mind  
 Griggs Chapter  2 Neuroscience (omit Consciousness section p. 64-69)  
 Stangor Chapter 3: Brains, Bodies, and Behaviors

**View lecture videos**  
  
 Discovering Psychology   
 #3 The Behaving Brain  
 #4 The Responsive Brain  
 #25 Cognitive Neuroscience

Yale lectures  
#2 Foundations: This is your brain

**Other videos:**

* The Brain #1 Organization of the Brain; 7 min
* Psych Portal Video: Mapping the Brain through Electrical Stimulation; 2 ½ min
* The Mind #7 Frontal Lobes; 9 min
* Psych Portal video: Planning, Life Goals, and the Frontal Lobe; 6 min
* Scientific American Frontiers: Neuroimaging: Assessing What’s Cool; 61/2 min
  + Achieving Hemispheric Balance: Improving Sports Performance; 5 min
* The Mind #8 Language Processing; 6 min
* Scientific American Frontiers: Brain Plasticity; 7 min
* Psych Portal video: Language & Brain Plasticity; 4 min
* Psych Portal video: Rewiring the brain (vision) 3 min
* Psych Portal video: The split brain: lessons in cognition & cerebral hemispheres; 4 min
* Psych Portal video: Neurocommunication : Impulse transmission across the synapse 2 min
* The Mind #5: Endorphins; 5 min
* Mind #6: Pleasure & Addiction; 7 min
* Psych Portal video: Compulsive Gambling & brain’s Pleasure Center; 5 min
* Psych Portal video: Parkinson’s Disease: A Case Study; 4 min
* Psych Portal video: Treating Parkinson’s Disease: Deep Brain Electrode; 9 min
* Psych Portal video: The Runner’s High: 3 min
* The Brain #30 Epilepsy 12 min
* The Brain #32 Neurorehab 12 min

**Module 3: Diversity via Nature, Nurture, Gender, and Culture**  
**Textbook readings** Myers Chapter 4: Nature, Nurture, and Human Diversity  
 Griggs – none  
 Stangor Chapter 7 The Diversity of the Human Species

**View Lecture videos**

Discovering Psychology:  
 #17 Sex and Gender  
#26 Cultural Psychology

**Short videos:**

**Nature vs. Nurture**

* Scientific American Frontiers: Bringing up monkey; 10 min
* Psych Portal video: The nature-nurture issue 5 min
* Psych Portal video: Nature vs. Nurture: Growing up apart 2 min
* Mind #18 Activity effects on the brain 10 min

**Sex Differences**

* Brain #2 Hormones and brain development 7 min
* Brain #3 Gender development: social influences 4 min
* Psych Portal video:Nature vs. Nurture: Growing up apart 2 min
* Psych Portal video: Chap. 10: The art of listening: males vs. females 2 min
* Psych Portal video: Evolutionary Psychology & Sex differences (Pinker & Dawkins) 4 min
* Psych Portal video: Chap. 10::Openness to casual sex: men vs. women 3 ½ min

**Evolution and Creationism**

* PBS Nova: Judgment Day: Intelligent Design on Trial: <http://www.pbs.org/wgbh/nova/id/>

**Genetics and Disease**

* Brain #12 Huntington’s disease 7 min

**Research and Discussion topics** in the Module 3 Lessons/Assignments folder: Evolutionary psychology and human sexual behavior

**Module 4: Life Span Development**

**Textbook readings** Myers Chapter 5 Developing Through the Life Span  
 Griggs Chap. 7 Developmental Psychology  
 Stangor Chapter 7 Growing and Developing

**View lecture videos**

Discovering Psych:  
 #5 The Developing Child  
#18 Maturing and Aging

Yale:  
#5 What is it like to be a baby? The development of thought (Piaget)  
#15 A Person in the World of People: Morality

**Video Clips for Chap. 4 The Developing Person (**updatedJan 2010)

**Infancy**

* Mind #12: Teratogens 13 min
* Mind #13: Capabilities of the newborn
* Scientific American: Baby body sense 11 min
* Mind #14 Infant cognitive development
* Psych Portal video: Designer babies 7 min

**Child development**

* Psych Portal video: Piaget’s conservation-of-liquid task (2 ½ min)
* Scientific American Frontiers: The Magic years 10min (age 1-7)
* Psych Portal video: Theory of mind: taking the perspective of others (1 ½ min)
* Scientific American Frontiers: Cognitive Development: Overcoming Attentional Inertia 6 min
* Scientic American Frontiers: Moral Thinking & Emotion 5 min
* NPR Morning Edition audio: The Hidden Brain and automatic judgments (Jan.25 2010)
* Scientific American Frontiers: A change of mind 12 min
* Psych Portal video: Today’s Overscheduled Children 6 min
* NPR Morning Edition audio: The Family Dinner Deconstructed; Morning Edition, Feb. 7, 2008

**Adolescence**

* Psych Portal video: Do adolescents lack empathy? (3 ½ min)
* Psych Portal video: Teen boys Emerging sexuality 2 min
* Psych Portal video: Teen girls emerging sexuality 2 min
* Psych Portal video: Echo Boomers: Understanding today’s college students
* NPR Morning Edition audio:.Teen binge drinking causes brain damage in frontal lobes; Jan 25. 2010
* PBS video: “Generation Next” (KCTS Jan.19 2007)

**Aging**

* Psych Portal video: Alzheimers disease 81/2 min
* Psych Portal video: Old Age: thinking and moving at the same time 2 ½ min
* Psych Portal video: 100 years old and counting: psychological and biological factors
* Psych Portal video: Healthy Aging: the power of positive thinking 7 ½ min
* Mind #17: Aging & memory 11min

**Complete the Research & Discussion topics** in the Module 4 Lessons/Assignments folder.

* Assessing the impact of divorce on children’s well-being

**Module 5:  Learning**

**Textbook readings:** Myers Chapter 7: Learning  
 Griggs Chapter 4: Learning  
 Stangor Chapter 8: Learning

**View lecture videos**

Discovering Psych #8: Learning  
Yale Lecture #4: Foundations: Skinner

**Brief videos**

* Psych Portal video: Pavlov’s discovery of classical conditioning. 3 min
* Psych portal video: Classical conditioning and the immune system: combating Lupus. 7 min
* Psych Portal video: Thorndike’s puzzle box. 2 ½ min
* Psych Portal video: Do video games teach people to be violent? 4 ½ min
* Scientific American Frontiers: Arachnophobia (9 min)

**Complete one of the Research & Discussion topics** in the Module 5 Lessons/Assignments folder .

* Applying behavioral reinforcement concepts to environmental issues
* Assessing the effectiveness of physical punishment of children as a behavioral control tool

**Module 6:** **Sensation and Perception**

**Textbook readings:** Myers Chapter 6 Sensation and Perception  
 Griggs Chapter 3 Sensation and Perception  
 Stangor Chapter 5 Sensing and Perceiving

**View lecture videos**

Discovering Psych: #7 Sensation and Perception  
  
Yale: #7 Conscious of the Present & Past part 1: Vision & Memory  
Guest Lecture (after midterm exam): Brain and Perception

**Brief Videos**

**PsychPortal videos**

* Blindsight: Seeing without awareness. 4 min
* Seeing the world upside down. 7 min
* Losing one’s touch: Living without proprioception. 4 min
* Pickpockets, placebos, and pain: the role of expctations. 4 ½ min
* Coping with pain. 5 ½ min
* Supertasters. 2 min
* The red hot chili eating contest: Sensitivity to taste. 4 ½ min
* Synesthesia: The man who tastes words. 7 min
* The man who cannot recognize faces. 7 min

**The Brain video modules**

* #8 Visual information processing: elementary concepts. 9 min
* #9 Visual information processing: perception. 9 min
* #10 Perception: inverted vision. 5 min

**The Mind video modules**

* #9 Studying the effects of subliminal stimulation on the mind. 5 min
* #20 Phantom limb pain. 4 ½ min
* #21 Treating chronic pain. 14 ½ min

**Scientific American Frontiers videos**

* Smart glasses. 8 min
* Tasters and supertasters. 14 min
* Lights Camera Magic!
* Cockpit confusion. 11 min

**Complete the Research & Discussion topics** in the Module 6 Lessons/Assignments folder.

Assessing the evidence for extra sensory perception (ESP)

**Module 7: Consciousness, Sleep, and Dreaming**

**Textbook readings:** Myers Chapter 3: Consciousness and the Two-track Mind  
 Griggs Chapter 2 Neuroscience (pp. 73-76 only)  
 Stangor Chapter 4 States of Consciousness

**Optional Resource: CQ Researcher** - Drowsy Driving & Sleep Loss

**View lecture videos**

Discovering Psychology:  
 #13 The Mind Awake and Asleep  
 #14 The Mind Hidden and Divided (repression, hypnosis, recovered & false memory)  
  
   
 Yale: #17 Part 2: Some Mysteries: sleep, dreams, & laughter

**Psych Portal videos**

* Sleep and sleeplessness: the current scene (6 min)
* Automatic Skills: Disrupting a pilots performance (4 min)
* The effects of sleep deprivation: three brave souls (6 min)
* Sleep terror disorder (4 ½ min)
* Hypnosis: an altered mental state? (4 min)
* Hypnosis: Medical and psychological applications (5 ½ min)
* The nature and abuse of ecstasy (3 min)

**Other video clips**  
**CBS 60 Minutes** web site: March 16, 2008: two 13 minute clips on sleep and the effects of too little sleep: (required).  This is the best summary of the current state of knowledge on sleep that I have seen. These two videos keep moving and are not back at the CBS 60 minutes web site:  
  
Part 1: <http://www.cbsnews.com/video/watch/?id=4181992n>

Part 2: <http://www.cbsnews.com/video/watch/?id=3942132n>

Scientific American Frontiers: What’s in a dream? (13 min)

**Complete the Research & Discussion topics** in the Module 7 Lessons/Assignments folder.

Shift work, drowsy and distracted driving, and sleep

**Module 8: Memory**

**Textbook readings:** Myers Chapter 8: Memory  
 Griggs Chapter 5: Memory  
 Stangor Chapter 9: Memory

**View lecture videos**

Discovering Psych: #9 Remembering and Forgetting  
Yale: #8: Conscious and the Past part 2: Vision & Memory

**Psych Portal videos**

* An amazing memory (10 min)
* A pill for forgetting (8 min)
* Living without memory (10 min)
* Retrieval: a journey into memory (8 min)
* Creating false memories: a laboratory study (5 min)

**Scientific American Frontiers:** “Don’t Forget”, 5 segments, about 50 minutes total.  
<http://www.pbs.org/saf/1402/video/watchonline.htm>

**Complete the Research & Discussion topics** in the Module 8 Lessons/Assignments folder.

**Module 9**:  **Thinking, Intelligence, and Language**  
  
**Textbook readings:** Myers Chapter 9: Thinking, Intelligence, and Language  
 Griggs Chapter 6: Thinking and Intelligence  
 Stangor Chapter 10: Intelligence and Language

**View lecture videos**

Discovering Psych:   
#6 Language Development  
#10 Cognitive Processes  
#11 Judgment Decision Making  
#16 Testing and Intelligence

Yale:  
 Lecture #6 How Do We Communicate? Language of the Brain, Mouth, and Hands  
Lecture #13 Why Are People Different (Intelligence segment)

**Psych Portal videos**

* Problem solving in genus Corvus (crows, ravens and magpies) 1 ½ min)
* Can chimpanzees plan ahead? 2 min)
* How intelligent are animals? 5 ½ min)
* Savant art skills: in autism and dementia (6 min)
* Locking away the feebleminded: a shameful history (8 min)
* Savant music skills (3 ½ min)

**Complete the Research & Discussion topics** in the Module 9 Lessons/Assignments folder.

**Module 10: Motivation**

**Textbook readings:** Myers Chapter 10 Motivation  
 Griggs (none)  
 Stangor Chapter 12 Personality and Motivation (Section 3 only)   
 and Chapter 11 (Section 4 only) Sex: The Most Important Human Behavior

**View lecture videos**

Discovering Psych:  
 #12 Motivation and Emotion  
#24 Applying Psychology in Life  
  
Yale #14 What Motivates Us: Sex  
Yale Guest Lecture: The Psychology, Biology, and Politics of Food

**Psych Portal videos**

* Eating and weight gain: genetic engineering (3 min)
* Purging food (4 min)
* Overcoming anorexia nervosa (3 ½ min)
* Sexual dysfunctions and their treatments (6 min)
* Homosexuality and the nature-nurture debate (8 min)

Other videos  
Teens and Sex: Katie Curic, then of NBC, discusses sexual behavior and attitudes with teenagers:  
<http://www.msnbc.msn.com/id/6872269/>

PBS Nova: Dying to be thin (1 hour): <http://www.pbs.org/wgbh/nova/thin/>   
PBS Perfect Illusions: eating disorders and the family (1 hour): <http://www.pbs.org/perfectillusions/aboutshow/index.html>

**Complete the Research & Discussion topics** in the Module 10 Lessons/Assignments folder.

Assessing the effectiveness of sex education programs in the schools

**Module 11: Emotions, Stress, and health**

**Textbook readings:** Myers Chapter 11 Emotions, Stress, and Health  
 Griggs: pp. 52-57 only  
 Stangor: Chapter 11 Emotions, Stress, Sex, and Health

**View Lecture videos**

Discovering Psych: #23 Health, Mind, and Behavior

Yale lectures:  
 #11 Evolution, Emotion, and Reason: Emotions Part 1  
 #12 Evolution, Emotion, and Reason: Emotions Part 2

**Psych Portal videos**

* Emotion = arousal plus interpretation (4 min)
* Emotions and facial expression (3 ½ min)
* Rage: one man’s story and treatment (10 min)
* Rage: one woman’s story and treatment (8 min)
* The development of disgust (5 min)
* Do body smells reveal fear and happiness? (3 min)
* The search for happiness (6 min)
* Selye’s stress response studies (3 min)
* Measuring stress while running with the bulls (4 min)
* Stress and the immune system: caretakers at risk (3 min)
* Fighting cancer: mobilizing the immune system (6 ½ min)

Video clips at [www.learner.org](http://www.learner.org)   
The Mind segments: #9 The placebo effect (9 min) and #21 Treating chronic pain (14 min)  
The Brain segment #22 Control & predictability (2 min)

**PBS Life Part 2:** The Science of Happiness (episode #10, 15 min) at: <http://www.pbs.org/lifepart2/watch/season-2/-science-happiness>

**PBS Frontline:** The Alternative Fix (60 min) at: <http://www.pbs.org/wgbh/pages/frontline/shows/altmed/>   
Describes controversies and research on complementary and alternative medicine.

**Web site**: National Center for Complementary and Alternative Medicine at: <http://nccam.nih.gov/>   
Provides the current state of research-based knowledge on complimentary and alternative medicine treatments.

**Complete the Research & Discussion topics** in the Module 11 Lessons/Assignments folder.

* What contributes to happiness?
* Testing the effectiveness of alternative medicine
* Religion and well-being

**Module 12: Personality Theories and Assessment**

**Textbook readings:** Myers Chapter 12: Personality  
 Griggs Chapter 8 Personality Theories and Assessment  
 Stangor Chapter 12: Personality and Motivation (Sections 1 & 2 only)

**View lecture videos**

Discovering Psych: #15 The Self

Yale:  
Lecture #3 Foundations: Freud  
Lecture #13 Why Are People Different (Personality segment)

**Psych Portal videos**

* Personality structure: id, ego, superego (5 ½ min)
* Personality and the brain (5 ½ min)
* A happiness trait (2 min)
* Repression: Myth or Reality? (12 ½ min)
* Self-image: Dissatisfaction among teenage girls (3 ½ min)
* Genes and personality (8 min)

**Complete the Research & Discussion** topic in the Week 8 Lessons Assignments folder.

The Five Factor Personality Trait Survey – take a generic version and receive your detailed personality profile.

**Module 13: Social Psychology**

**Textbook readings:** Myers Chapter 15 Social Psychology  
 Griggs Chapter 9 Social Psychology  
 Stangor Chapter 14 Psychology in our Social Lives

**View lecture videos**

**Discovering Psych**  
#19 The Power of the Situation  
#20 Constructing Social Reality

**Yale lecture videos**  
Lecture #16 A Person In the World of People: Self & Others Part 1  
Lecture #17 A Person in the World of People: Self & Others Part 2  
Lecture #9 Evolution, Emotion, Reason: Love (attraction)

**Other videos**

**Psych Portal videos:**

* The Stanford Prison Study: he Power of the Situation (13 min)
* Milgram’s Obedience Studies (5 min)
* Why Do People Help? Explaining Altruistic Behavior (4 min)
* Whom Do We Help? (3 ½ min)
* The Wisdom of Groups (7 min)
* Obedience and Authority: A Laboratory Demonstration (6 min)
* Interpersonal Attraction: The Clothes Make the Man (4 min)
* Liking and Imitation: The Sincerest Form of Flattery (2 ½ min)

**Scientific American Frontiers (PBS)**SciAmer 3rd Hidden Prejudice: The Implicit Association Test (6 min)

**Complete one of the Research & Discussion topics** in the Module 13 Lessons/Assignments folder.

* Implicit Association Test (IAT) demonstrates unconscious biases
* Social psychology of creating a terrorist
* *The Lucifer Effect* described by Phillip Zimbardo:

1. See the book's web site for a description of the Lucifer Effect:  <http://www.lucifereffect.com/>
2. Zimbardo on the Daily Show with Jon Stewart for a little humor and information on his Lucifer Effect:  <http://www.thedailyshow.com/watch/thu-march-29-2007/philip-zimbardo>
3. Zimbardo on the Colbert Report:  <http://www.colbertnation.com/the-colbert-report-videos/149094/february-11-2008/philip-zimbardo>

**Module 14: Abnormal Psychology**

**Textbook readings:** Myers Chapter 13 Psychological Disorder and Chapter 14 Therapy  
 Griggs Chapter 10 Abnormal Psychology  
 Stangor Chapter 13 Psychological Disorders and Treatments

Optional reading: CQ Researcher on Depression; Eating Disorders; Anxiety Disorders

**View lecture videos (Disorders and Therapy combined)**

Discovering Psych  
#21 Psychopathology  
#22 Psychotherapy

Yale  
Lecture #18 What Happens When Things Go Wrong: Mental Illness Part 1  
Lecture #19 What Happens When Things Go Wrong: Mental Ilness Part 2  
Lecture #20 The Good life: Happiness

**Video and audio clips (by disorder)**

**ADHD  
 Psych Portal:** ADHD & the family  
 **PBS** Frontline “Medicating Kids”  **Anxiety Disorders**

**Psych Portal**

* Experiencing anxiety (1 ¼ min)
* Obsessive-Compulsive Disorder: a young mother’s struggle (7 min)
* Treating OCD: Exposure & response prevention (7 min)
* PTSD Returning from Iraq (8 min)

**PBS**   
Frontline 2007: The Soldier’s Heart (PTSD in the military) (60 min) <http://www.pbs.org/wgbh/pages/frontline/shows/heart/>   
  
Scientific American Frontiers: Stress Management -The Relaxation Response w/ Herbert Benson (7 min) This segment is part of the program “Worried sick” available at: <http://www.pbs.org/saf/1310/video/watchonline.htm>   
  
Scientific American Frontiers: Arachnophobia (9 min)

NPR All Things Considered Dec. 30, 2010: First responders, rescuers, come forward with PTSD.  
<http://www.npr.org/2010/12/30/132476507/first-responders-rescuers-face-ptsd-struggles?ft=1&f=1001>

(Module 14 continued) **Mood Disorders**

**Learner.org**  
The Mind: #33: Medication & Talk Therapy (12 min)  
The Mind #34 : ECT (6 min)

**Psych Portal:** Suicide: the case of the 3 star chef

**Schizophrenias**

**Psych Portal**   
Postpartum psychosis: Case of Andrea Yates (7 min)  
John Nash (5 min) (the subject of the movie “A Beautiful Mind”)

**Learner.org**  
Brain #26 Schizophrenia symptoms (5 min)  
Brain #28 Schizophrenia pharmacological Tx (6 min)

**Miscellaneous disorders**

**PBS** Scientific American Frontiers: Understanding Autism (7 min)

**From Learner.org**  
Brain #23 Multiple Personality (9 min)  
The Mind #19 Understanding Alzheimers Disease (11 min)  
The Mind: #35 The Mind of the Psychopath (19 min) (antisocial personality disorder)

**Psych Portal**  
Early treatment of mental disorders  
MICA (Mentally Ill Chemical Abusers)  
When treatment leads to execution: mental health & the waw – insanity  
The city of Gheel: community mental heath at its best  
Tricotillomania: pulling out one’s hair

**Complete the Research & Discussion topic** in the Module 14 Lessons/Assignments folder.

* Attention deficit hyperactivity disorder
* Depression